

Abstract of the Disclosure

In a backup system which backs up memory information in a cell phone to a terminal by transmitting/receiving electronic mail, the terminal includes an instruction mail creating section and backup section. The instruction mail creating section creates, as backup instruction mail, electronic mail having information for instructing to perform backup stored in a header portion. The backup section analyzes the header portion of the received electronic mail. When detecting that the mail is backup response mail from the cell phone, the backup section decodes the text of the received backup response mail and backs up the text. The cell phone includes a response mail creating section which analyzes the header portion of the received electronic mail, creates, as backup response mail, electronic mail having a text in which the memory information in the cell phone is coded and written, when detecting that the mail is backup instruction mail from the terminal, and transmits the mail to the terminal. A backup method is also disclosed.